

Physical Activity Recommendations

	Infants	Toddlers	Preschoolers	School Age
Physical Activity	Physical activity and active exploration daily .	At least 60-90 minutes per eight-hour child care day	At least 90 to 120 minutes per 8-hour child care day.	At least 60 minutes of daily physical activity.
Structured or Teacher-Led	Daily caregiver-infant interactions that encourage physical activity and active exploration.	At least 30 minutes per eight-hour child care day	At least 60 minutes per 8-hour child care day	
Unstructured or Free Play	Active exploration and physical activity daily .	At least 30 minutes per eight-hour child care day	At least 60 minutes per 8-hour child care day	
Outdoor Play	Play outdoors daily , weather permitting. <ul style="list-style-type: none"> • Make time for independent gross motor play outdoors. • Balance the use of riding strollers with plenty of independent outdoor time. Dress infants appropriately for weather.	At least 2 -3 times (60 – 90 minutes) daily of outdoor play, weather permitting. <ul style="list-style-type: none"> • Dress toddlers appropriately for weather, including appropriate footwear. 	At least two to three times (60 – 90 minutes) daily of outdoor play, weather permitting. Dress children appropriately for weather, including appropriate footwear.	School aged children should have daily outdoor time.
Sedentary Time	Infants should not be in settings that restrict movement for prolonged periods of time.	No more than 60 minutes of sedentary time per day. No more than 15 minutes at a time , unless sleeping.	No more than 60 minutes of sedentary time per day. No more than 15 minutes at a time , unless sleeping.	School aged children should have no more than 120 minutes (2 hours) of sedentary activity at a time.

Physical Activity Recommendations, cont.

	Infants	Toddlers	Preschoolers	School Age
Physical Activity Environment & Practices	<p>Place infants in safe settings that</p> <ul style="list-style-type: none"> • facilitate physical activity • promote the development of movement skills • allow small and large muscle activities 	<p>Make sure there is plenty of</p> <ul style="list-style-type: none"> • indoor and outdoor space • equipment for active play • opportunities to develop gross and fine motor skills <p>Physical activity should never be withheld for misbehavior. Instead, let children calm themselves before returning to active play.</p>	<p>Make sure there is plenty of:</p> <ul style="list-style-type: none"> • indoor and outdoor space • equipment for active play • opportunities to develop gross and fine motor skills <p>Physical activity should never be withheld for misbehavior. Instead, let children calm themselves before returning to active play.</p>	<p>Physical activity should include aerobic as well as age-appropriate muscle- and bone- strengthening activities. (This can be done in small doses of 10 - 15 minutes throughout the day.)</p> <p>It is important to encourage participation in physical activities that are appropriate for their age, that are fun, and that offer variety.</p> <p>It is not recommended to play elimination games.</p>
Screen Time	<p>Zero hours of screen time for infants</p>	<p>Zero hours for 2 year olds and younger</p> <p>Limit to educational or active movement programs</p>	<p>Less than 30 minutes per week for 2 year olds</p> <p>Limit to educational or active movement programs.</p>	<p>Limit screen time to less than one hour a day.</p> <p>In after school settings, parent permission should be requested for children participating in any screen time. This includes: TV/DVD, computer, and video games.</p>